

#### ABSTRACT OF THE DISCLOSURE

Methods for treating allergies, cutaneous inflammation, arthritis, chronic obstruction pulmonary disease and treating chronic inflammatory bowel disease are described. Also described is a method for inhibiting the infiltration of eosinophils into airways of a patient, a method for inhibiting the mucous release into airways of a patient, a method for blocking IgE activation of a lymphocyte, a method for stabilizing the cell membrane of a lymphocyte, thereby preventing their further involvement in the increased inflammatory response to an IgE antigen challenge, and a method for inhibiting the migration of T-cells. Such methods involve administering to said patient a therapeutically effective amount of a peptide having the formula f-Met-Leu-X, wherein X is selected from the group consisting of Tyr, Tyr-Phe, Phe-Phe and Phe-Tyr.

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